



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Full Report (All Nutrients) 20032, Millet, cooked

Report Date: June 27, 2017 04:04 EDT

Nutrient values and weights are for edible portion.

Food Group : Cereal Grains and Pasta

Carbohydrate Factor: 4.12 Fat Factor: 8.37 Protein Factor:3.87 Nitrogen to Protein Conversion Factor:5.83

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 174g
Proximates					
Water	g	71.41	1	--	124.25
Energy	kcal	119	--	--	207
Energy	kJ	498	--	--	867
Protein	g	3.51	1	--	6.11
Total lipid (fat)	g	1.00	1	--	1.74
Ash	g	0.41	1	--	0.71
Carbohydrate, by difference	g	23.67	--	--	41.19
Fiber, total dietary	g	1.3	--	--	2.3
Sugars, total	g	0.13	--	--	0.23
Minerals					
Calcium, Ca	mg	3	1	--	5
Iron, Fe	mg	0.63	1	--	1.10
Magnesium, Mg	mg	44	1	--	77
Phosphorus, P	mg	100	1	--	174
Potassium, K	mg	62	1	--	108
Sodium, Na	mg	2	1	--	3
Zinc, Zn	mg	0.91	1	--	1.58
Copper, Cu	mg	0.161	1	--	0.280
Manganese, Mn	mg	0.272	1	--	0.473
Selenium, Se	µg	0.9	--	--	1.6
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 174g
Thiamin	mg	0.106	1	--	0.184
Riboflavin	mg	0.082	1	--	0.143
Niacin	mg	1.330	1	--	2.314
Pantothenic acid	mg	0.171	1	--	0.298
Vitamin B-6	mg	0.108	1	--	0.188
Folate, total	µg	19	--	--	33
Folic acid	µg	0	--	--	0
Folate, food	µg	19	--	--	33
Folate, DFE	µg	19	--	--	33
Choline, total	mg	11.2	--	--	19.5
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	2	--	--	3
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	3	--	--	5
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	70	--	--	122
Vitamin E (alpha-tocopherol)	mg	0.02	--	--	0.03
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.3	--	--	0.5
Lipids					
Fatty acids, total saturated	g	0.172	--	--	0.299
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.001	--	--	0.002
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 174g
16:0	g	0.126	--	--	0.219
18:0	g	0.037	--	--	0.064
Fatty acids, total monounsaturated	g	0.184	--	--	0.320
16:1 undifferentiated	g	0.003	--	--	0.005
18:1 undifferentiated	g	0.176	--	--	0.306
20:1	g	0.005	--	--	0.009
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.508	--	--	0.884
18:2 undifferentiated	g	0.480	--	--	0.835
18:3 undifferentiated	g	0.028	--	--	0.049
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.038	--	--	0.066
Threonine	g	0.113	--	--	0.197
Isoleucine	g	0.148	--	--	0.258
Leucine	g	0.446	--	--	0.776
Lysine	g	0.067	--	--	0.117
Methionine	g	0.070	--	--	0.122
Cystine	g	0.067	--	--	0.117
Phenylalanine	g	0.185	--	--	0.322
Tyrosine	g	0.108	--	--	0.188
Valine	g	0.184	--	--	0.320
Arginine	g	0.122	--	--	0.212
Histidine	g	0.075	--	--	0.130
Alanine	g	0.314	--	--	0.546
Aspartic acid	g	0.231	--	--	0.402
Glutamic acid	g	0.763	--	--	1.328
Glycine	g	0.092	--	--	0.160

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 174g
Proline	g	0.279	--	--	0.485
Serine	g	0.205	--	--	0.357
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0